



Plant-Based Crumbed Chick'n Tenders

with Parsley Potato Salad & Garlicky Veggies

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Green Beans



Carrot



Garlic



Parsley



Baby Spinach Leaves



Plant-Based Crumbed Chicken



Plant-Based Aioli



Chilli Flakes (Optional)



Plant-Based Crumbed Chicken

Prep in: 20-25 mins
Ready in: 25-35 mins

Plant Based

Winner, winner, plant-based dinner! The crumbed 'chicken' gets all lovely and golden in the pan, and works a treat with the creamy herbed potato salad and crisp and colourful veggies.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
green beans	1 small bag	1 medium bag
carrot	1	2
garlic	2 cloves	4 cloves
parsley	1 bag	1 bag
baby spinach leaves	1 small bag	1 medium bag
plant-based crumbed chicken	1 packet	2 packets
plant-based aioli	2 medium packets	4 medium packets
chilli flakes (optional)	pinch	pinch
plant-based crumbed chicken**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3275kJ (783Cal)	632kJ (151Cal)
Protein (g)	22g	4.2g
Fat, total (g)	54.8g	10.6g
- saturated (g)	4.4g	0.8g
Carbohydrate (g)	48.9g	9.4g
- sugars (g)	11.7g	2.3g
Sodium (mg)	1096mg	211mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4591kJ (1097Cal)	731kJ (175Cal)
Protein (g)	36.6g	5.8g
Fat, total (g)	74.3g	11.8g
- saturated (g)	6.2g	1g
Carbohydrate (g)	67.9g	10.8g
- sugars (g)	12.7g	2g
Sodium (mg)	1873mg	298mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Cook the potato

- Bring a medium saucepan of lightly salted water to the boil.
- Cut **potato** into bite-sized chunks.
- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain cooked **potato**, then return to saucepan.
- Meanwhile, trim **green beans**. Cut **carrot** into thin sticks. Finely chop **garlic** and **parsley**.

3



Cook the chick'n & finish the potato

- Return frying pan to medium-high heat with enough **olive oil** to coat the base. Cook **plant-based crumbed chicken** until just browned, **2-3 minutes** each side. Transfer to a paper towel-lined plate.
- Meanwhile add **parsley**, 1/2 the **plant-based aioli** and a pinch of **chilli flakes** (if using) to the potato. Gently toss to combine. Season to taste.

Custom Recipe: If you've doubled your plant-based chicken, cook plant-based crumbed chicken in batches for best results.

2



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **green beans** and **carrot**, tossing, until tender, **4-5 minutes**. Add **garlic** and **baby spinach leaves** until leaves are wilted, **1 minute**.
- Transfer veggies to a bowl. Season with **salt** and **pepper**. Cover to keep warm.

4



Serve up

- Divide plant-based crumbed chick'n tenders, parsley potato salad and garlicky veggies between plates.
- Serve with remaining plant-based aioli. Enjoy!

Rate your recipe

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